

In the Claims:

Amend claims 34 and 58; cancel, without prejudice, claim 59; and add new claim 71 as indicated below:

1-33 (cancelled).

34 (currently amended). A safety toggle bolt for anchoring to an object having a cylindrical hole therethrough leading to an opening space, to provide fall protection to a user, the safety toggle bolt comprising:

a flexible cable having a proximal end having an anchoring attachment;

a hole plug for fitting said hole, said hole plug having a substantially cylindrical hole plugging portion for circumferentially engaging the cylindrical surface of the hole and a lip portion for fixing the position of said hole plug against the object;

a toggle bar pivotally connected to a distal end of said cable and adapted for pivoting between a closed position for insertion through the hole into the opening space and an open position in which the toggle bar cannot be withdrawn from the opening space back through the hole;

a toggle bar pivot control member, said toggle bar pivot control member having a handle end adapted for manipulating said toggle bar and a control end attached to said toggle bar for pivoting, in response to said manipulating, said toggle bar between said open and closed positions, said hole plug having at least two apertures therethrough, said flexible cable extending through one of said apertures and said control member extending through the other of said apertures; and

a plug biasing spring for biasing said hole plug toward said toggle bar.

35 (previously presented). The safety toggle bolt of claim 34, wherein said end of said toggle bar is adapted for releasable retention in a recess of said hole plug to provide said locking engagement.

36 (previously presented). The safety toggle bolt of claim 35, wherein said end of said toggle bar is tapered to provide for said retention.

37 - 54 (cancelled).

55 (previously presented). The safety toggle bolt of claim 36, further comprising a toggle bar return spring for biasing said toggle bar in said open position.

56 (previously presented). The safety toggle bolt of claim 35, further comprising a toggle bar return spring for biasing said toggle bar in said open position.

57 (previously presented). The safety toggle bolt of claim 34, further comprising a toggle bar return spring for biasing said toggle bar in said open position.

58 (currently amended). A method for anchoring to an object having a hole therethrough leading to an opening space, to provide fall protection to a user, the method comprising the steps of:

providing a safety toggle bolt having a cable member, a toggle bar portion pivotally connected to the cable member, a spring operably connected to said toggle bar portion so as to bias said toggle bar portion in an open position, and a hole plug for seating in the hole and for retaining said toggle bar portion in a closed position in which said toggle bar portion is adapted for insertion through the hole;

disposing the retaining said toggle bar by said hole plug in [[a]] said closed position;

inserting at least the toggle bar portion of the safety toggle bolt through

the hole; and

pushing on the cable member so as to translate said cable member relative to said hole plug and as a result cease said step of retaining, to cause the toggle bar to spring into said open position and thereby become oriented in the opening space so as to prevent the toggle bar portion from passing back through the hole.

59 (cancelled).

60 - 70 (cancelled).

71 (new). The method of claim 58, comprising providing a hole plug coaxially and slidably disposed about said cable member, wherein said step of inserting includes seating the hole plug on the hole, the method further comprising spring-forcing the toggle bar portion toward the hole plug, to automatically adjust the safety toggle bolt to the depth of the hole.